

Food fest a taste of the good life

The glasses will be clinking and the hotplates sizzling this weekend as the Hamilton Food & Drink Fest returns to Copps Coliseum.

Now in its sixth year, this festival for consumers has grown to include more than 130 exhibitors and is expecting several thousand people through the Copps' doors.

Local restaurants and food purveyors will be out in force, serving up a wide range of gourmet delights for you to sample. There will also be hundreds of domestic and international beverages to try, both alcoholic and non-alcoholic.

The weekend also features cooking demonstrations by local and TV celebrity chefs (check out the complete schedule at foodanddrinkfest.com).

The shows runs Friday from 5 to 10 p.m., Saturday from 1 to 10 p.m. and Sunday from noon to 5 p.m.

Admission costs \$15 at the door, or \$12.24 if you buy online (at the site mentioned earlier). You can also buy an online package which includes admission and 25 sample tickets for \$32.64.

There are a few important things to remember. Only people 19 and over can attend, so the kids stay home. Admission gets you in the door and a souvenir wine glass, but you then buy tickets to sample any of the food and drink; most samples cost one to four tickets. Cash only is accepted at the show, for both admission and samples, but you can pay by credit card if you go online.

Guests are encouraged to bring non-perishable food items for donation to Hamilton Food Share.